

QC

BEST OF SPACES:

A look at Regina's unique and creative interiors. **P. 14**

BEST OF FASHION:

Our favourite looks from 2014, see if you agree. **P. 16**

SHARP EATS:

Columnist Jenn Sharp's three best dishes of the year. **P. 18**

NO LEG NO FOOT NO LIMITS

DESPITE HIS AMPUTATION,
JANZ STEIN ALWAYS SEEMS
TO BE A STEP AHEAD **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#LISA DRIVER

Opening Up: How to Develop Your Intuition and Work With Your Angels

When was the last time you trusted your gut? Most of us can think of decisions we made that were based on gut instincts or we can recall intuitive feelings and thoughts we had. We've been made up of energy and these instincts are meant to influence us, guide us, and help us to navigate our path in the world. When we listen to our feelings, it can lead us to great success



Lisa Driver

opportunities, and new relationships.

In 2003, I followed my instincts and moved from Regina to a new home and opportunity in Medicine Hat. After I left had in my work life at the time and I further followed my instincts and attended a health and healing expo in Medicine Hat. I found someone and guidance through an angel reading, where I was encouraged to pursue a path as a spiritual course for and life coach. With some hesitation, I began to research opportunities and before I knew it, I found myself offering card readings, angel readings, medicine

ship readings, Reiki treatments, and other spiritual healing services to numerous clients in person and online.

Many of my clients began asking the same questions in readings looking for the same types of guidance and messages of peace. The idea of writing a workbook full of exercises, answers and personal examples seemed like a natural extension of my new spiritual wellness business.

Opening Up is the story of my journey from skeptic to a believer and teacher of intuition, angels, and divine guidance. It includes my

personal experiences, struggles, and victories as I opened up and became a channel for other dimensions plus exercises to help you on your path. The exercises are designed to help you tap into your intuition, and learn to what your heart really wants. As you begin to trust yourself and these messages more and more, the world around you can transform into a more joyful, loving, accepting place.

Opening Up is available online or www.fightingthephantom.ca or www.driveworks.ca, and in select shops (check my website for the list)

Opening Up

How To Develop Your Intuition
And Work With Your Angels



by Lisa Driver



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Andy Steno, who had his foot and part of his leg amputated, continues to lead an active lifestyle, including coaching the Shelburne Middle College wheelchair basketball team. **QC PHOTO BY ANNE SCHLESINGER**

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Adam Kitchik's November 'Commisoneer' photoshoot highlights some of QC's best fashion shoots for 2014. **QC PHOTO BY ANNE SCHLESINGER**

QC COVER PHOTO BY TROY FLEECE

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ON THE COVER

People ask me if it was a tough decision, and (with) the amount of pain that I was in at the time, it really wasn't. — Janz Stein

AMPUTEE

How Janz Stein kept moving after losing his leg



Janz Stein, who won a bronze 4th-place medal in 2010 and a silver medal in 2012 at the World Judo Championships in Long Beach, CA, goes into his new role.

By Mark Meinychuk

went a below-the-knee amputation on Nov. 1, 2013.

Stein, 38, chose to have his foot amputated because it brought an end to the pain and a half of pain he had been living with after he was injured in a dirt biking accident in 2011. An attempt at jumping his bike over a car broke Stein's knee, tibia and

dislocated his ankle. Eighteen screws and three plates were surgically implanted into his leg and foot, which were later injured by his body and had to be removed.

After that, Stein went back to competing in martial arts and in 2012 despite suffering from pain, managed to win a silver medal in the World Judo

Championships in Long Beach, CA. But eventually, Stein couldn't keep pushing out his injury.

In 2013, he started to lose feeling in his toes because of severe osteoarthritis. Stein's doctors initially recommended he get an ankle fusion, which would remove the articular cartilage surfaces of the ankle joint.

Doing so would have severely hindered Stein's chances of combining his active lifestyle, which for years had included skateboarding, martial arts and coaching high school wrestling. To ensure he could still do all those things, Stein made the decision to have his foot removed.

Continued on Page 6

"I actually still have a picture today of me with a big smile on my face," said the fighter who under-

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SASKATCHEWAN

It happened. And when it happens, your mind really switches things and you really learn to cope with it. You just learn how to live a normal or if not, better, lifestyle than you did in the past — Stern



Jantz Stern — who is active in many sports including skateboarding, martial arts, along with coaching high school wrestling — poses at the Regina Fairgrounds on his Chontash Xtreme prosthetic. QC PHOTO BY DON HEAL

"I really did a lot of research. I was talking people in the States that had fusarium disease and now they're below the knee amputees," said Stern.

"People ask me if it was a tough decision, and (telling the amount of pain that I was in at the time it really wasn't."

The amputation was a second chance for Stern to live an active life, but it had to be fought for during the recovery. From surgery, Stern went from running his own waste disposal business and training in martial

arts full time to lying in bed.

"For the first I would say two or three weeks, it was really hard. I was very emotional, (and) cried every day probably," said Stern.

Stern's wife Nikki, who has known him since high school, said it was difficult to see her athletic husband restricted to the house.

"It was hard for me even to be home with him because it was just, it wasn't him," she said.

He is a very active guy. He doesn't like to be restricted, especially to a

bed, so it was tough to be around that and see him in that state."

To make the healing process even tougher, Stern's leg became infected and required a revisional surgery meaning he had to go through a second amputation.

After weeks of recovering, Stern was finally fitted with a prosthetic limb in March 2014. The first few months were packed with physio therapy as Stern learned how to walk with his new leg. Wearing a prosthetic at first is very uncomfortable

for amputees, but within months Stern was standing on a skateboard again.

Stern rides goofy on his board, meaning he pushes with his artificial left foot. He can still pop ollies, board slide on a rail and ride a minor ramp. It's actually more than Stern could do while his foot was injured after the dirt biking accident, since the pain prevented him from skating entirely.

Now it's even more fun because it's almost like I have to learn how

to skateboard all over again, and I kind of like that challenge in life," he said.

Stern now actually has four left legs, each one designed for different activities. There's his road foot that he uses for skateboarding—a "blended leg" designed for casual use such as trips to the grocery store and a Freedom limousine prosthetic for high speed sport and heavy lifting, which he uses for work. Finally there's his built-for-speed, Chontash Xtreme, by Clear that he uses for track.

Now it's even more fun because it's almost like I have to learn how to skateboard all over again, and I kind of like that challenge in life — Stern

"[D] the doctor said, 'OK, it's going to be three months to heal,' he would say 'I would do it in two,'" said Bell.

The aspiration gave Stern the opportunity to discover new sports such as track and field. He trains at the Philadelphia in Regan, and is working toward competing at the long jump event at the 2015 Pan American Games in Toronto.

"I had no idea that I could be a track athlete," said Stern.

"I can probably run a lot faster now than I could with two healthy legs."

Stern has a lot of work ahead before he can compete. Not only does he need to learn the use and care of a whole new sport, but he also has to become extremely adept at using his artificial limbs.

He can't feel that foot, so he often doesn't know where it is. The drills help him to be more aware of his body and the use of the prosthesis, and Chris Nicholas, Stern's coach, who attended the 2008 Summer Olympics in Beijing, China as a jump coach.

Stern isn't shy about revealing his prosthetic leg for the world to see. He uses it as a way to educate people, especially youth, about what it's like to be an amputee. He gets a chance to do this every week while coaching high school wrestling at Sheldon Williams Collegiate, which he has done for the past 11 years.

Stern, yet always willing to offer advice, Stern is the epitome of a high school sports coach, except for the tattoos on his neck and arms.

When his students talk about him, it's clear Stern was clearly missed while he was recovering from his amputation.

"I think my life would be very different if he wasn't involved in it," said Chris Corcoran, a student at Sheldon who has been coached by Stern for the past four years.

He's probably the best coach I've ever had in my sport. He just has that drive that makes you want to go work hard," he added.

Although Stern has a very physical lifestyle, he describes dealing with his amputation as a challenge that's 90 per cent mental. It does take a real mental toll on an amputee to learn a limb that he or she was born with removed.



After Stern was fitted with a prosthetic limb in March 2014, after two separate surgeries to remove his foot and most of his leg. CP PHOTO BY GUY AROUS

"It's your mind fighting you," said Stern.

For many amputees, that mental fight comes in the form of phantom pain, which is a neurological condition where a person experiences pain in a portion of a limb which is no longer attached to the body.

"I still get a lot of nerve ending kind of tug-squeaky touchy feelings in my stump. I ignore that, but I think I'll be with me for the rest of my life," said Stern.

When Stern is wearing gear or

sleep of gym shorts, it's hard to tell he's using an artificial limb. It's not in some awkward manner when parking his truck in a handicapped zone.

"I've had a couple people confront me about it, and I'll just say 'Hey I'm an amputee,' and I'll pull up my pant leg and show them," said Stern.

Stern's openness about his amputation and the fact that there are videos on Facebook of him showing what he can do has earned him attention from other amputees around the world. He's been contacted by

people in the U.S. and India asking him for advice on how to deal with their own amputations.

"The best thing I can say to people if they are going to lose a limb is don't sit back and make people feel sorry for you, just continue with life," said Stern.

Stern didn't just continue with life. His will to learn the way he managed to do the amputation improved it.

"I think he's actually a better person because he's been through a tragedy. His came out of it strong,

and then he also changed his habits and changed his ideas," said Nakh.

Stern, who refers to his four different artificial limbs as his "bros," feels the same way.

"It happened. And when it happens, your mind really switches things and you really learn to cope with it. You just learn how to live a normal or if not better, lifestyle than you did in the past."

sean@seanprime.com
Twitter: @seanprime101

EVENTS

MUSIC

Wednesday, Dec. 31

The Bay Deeps
Lancelotti, 2339 Albert St.

Crack Negras
Casino Regins Show Lounge
1899 Saskatchewan Dr.

Dan Slijker
McCarthy's, 2226 Dewdney Ave.

Third Degree Blues
The Pump, 541 Victoria Ave. E.

Alan Brubaker
Blossoms, 2300 Dewdney Ave.

Big Bad Storm
Bramley's Lounge, 1307
Broadway Ave.

Delfink
Turnbills, 2108 Grant St.

The Milkmen's Sons
Artful Dodger, 1031 18th Ave.

Thursday, Jan. 1

Third Degree Blues
The Pump, 541 Victoria Ave. E.

Friday, Jan. 2

Acid Fringers
YGR, 1475 Toronto St.

Weekly Green Circle
instruments provided
7:30-9 p.m., The Living Spirit
Centre, 3018 Dean Dr. Call
Mike, 303-330-3891.

Third Degree Blues
The Pump, 541 Victoria Ave. E.

Saturday, Jan. 3

Open Acoustic Jam
7:30-9 p.m., Breadwinners
Lounge, 1307 Broadway Ave.

Third Degree Blues
The Pump, 541 Victoria Ave. E.

**Black Label Society, Hate-
breed, Butcher Babies**
Corbett Arts Centre
200 Lakeshore Dr.

Scowfriers Left, Shomene
The Lancelotti, 452-9 Gordon
Rd.



Garth Hulseborn's setlist at the Corbett Arts Centre

Sunday, Jan. 4

Open Jam
Every Sunday 3-4 p.m.
Mop-Club, 637 Victoria Ave.

Monday, Jan. 5

Monday Night Jazz & Blues
The Cory Taylor Jazz Armada
Rushwiler, 2226 Dewdney

Weekly Green Circle
instruments provided
7:30-9 p.m., The Living Spirit
Centre, 3018 Dean Dr. Call
Mike, 303-330-3891.

Tuesday, Jan. 6

Kamake
McCarthy's, 2226 Dewdney Ave.

VISUAL ART

**Carlin Mullen: An Index of
Saskatchewan Pianos and
Other Curiousities**
Entrepreneur Mullen will use her
interests in memory, history,
ephemera, and other curiosi-
ties to guide her curatorial and
presentation of the important
cultural holdings of the Dunlop
and BSM.

Until Jan. 25 9:30 a.m. - Central

**Library, 231 12th Ave. AND
Royal Saskatchewan Museum,
2444 Albert St.**

**WFF Demos in the Alley |
Dona la Realita**
A major retrospective of
celebrated Saskatchewan
painter WFF Demos. Scott
knows a thing or two about
this everyday back alley.
Until Jan. 4, McKinnis Art
Gallery, 3475 Albert St.

**Saskatchewan
Assemblage**
Assemblage by various
artists
Until Jan. 17 Stage Five Art
Gallery, 2076 Halifax St.

**Lisa Hulse: Red carpet (red
stripe painting: walking the
Red)**

The red carpet follows its slender-
ly etched female subject as
she saunters down a seem-
ingly endless red carpet, cutting
through all our changing
Canadian landscapes.
Until Jan. 18 Dunlop Central
Museum, Central Library,
231-12th Ave.

**Rebecca Bell Protect Use &
Present A Best Laid Plan**
BSM Business week's deli-

ing with longing — for success
for existence, for respect, for
a different type of world.
With tongue slanted firm
in cheek, Burns makes every
place to art world celebrities,
critiquing the political system
that supports them.
Until Jan. 16, Dunlop Art
Gallery — Central Branch, 231-
12th Ave.

Hope
This group exhibition looks at
various ways that contem-
porary artists interpret and
explore the concept of hope.
The show features a diversity
of approaches to the topic.
From reflection to reveal
quest covered by Holly Jay.
Until Jan. 23 Art Gallery of
Regina, 101 Bedford Circle Arts
Centre, 2420 Spadina Street

**Troy Coatesman: Digital
Handshake**
Coatesman examines our
uncanny relationship to tech-
nology, and imagines what
it — and we — might affect.

The first major solo exhibi-
tion by Regina-based visual
artist Coatesman.
Until Jan. 25 MacKenzie Art
Gallery, 3475 Albert St.

**Contemporary Canadiana:
The Artists of Scott Nicholson
Fine Arts**
Features weeks of
art that portray the essence
of contemporary Canadian
fine art.
Until Jan. 31 Regins Centre
Crossing, 1641 Albert St.

**Contemporary Canadiana:
The Artists of Scott Nicholson
Fine Arts**
Until Jan. 18 Government
House, 4507 Dewdney Ave.

Assiniboia Gallery
2266 Smith St.
Open Tuesday to Friday, 10
a.m. - 5 p.m., Saturday 10
a.m. - 3 p.m.

Neutral Ground
#203-1854 South St.
Open Tuesday to Saturday, 11
a.m. - 5 p.m.

**Guided Art and Fine Arts
Oil and Ink paintings by Chi-
nese artist Linqiao Jiang and
Holly Tian**
2312-1854 South St. Open Mon-
day to Saturday, 10 a.m. - 5 p.m.

COMEDY

The Laugh Shop
Live standup every Saturday
night, 9:30-11 p.m.
Marmata Hotel, 1818 Victoria
Ave.

DANCING

Regina Dance Party
Every Sunday
McCarthy's, 2226 Dewdney Ave.

SPORTS

Regina Jets vs. Moose Jaw
Jan. 4, 7 p.m.
Brandt Centre, Civic Place

Women's basketball:
Cougars vs. Moose Jaw
Jan. 3, 6 p.m.
U of R O-CO

Women's basketball:
Cougars vs. Moose Jaw
Jan. 4, 7 p.m.
U of R O-CO

**Men's and women's wres-
tling**
Cougars Invitational
Jan. 4, check Regina Cougars
page for time and place.

Regina Stars vs. Calgary
Jan. 4, 6 p.m.
Brandt Centre, Civic Place

FOR FAMILIES

**Gandy Carve LUNA holiday
light display**
Nov. 25 houses decorated,
fundraiser for the community
association and Regina Food
Bank.

Nov. 26, 6-10 p.m., until Jan. 4:
7th Avenue North and Cheese
Crazeant.

Neon Year's Eve
Family fun including shows,
crafts, face-painting, stamp-
ing and more. 5-10
p.m., 12 a.m. - 3 p.m.
Saskatchewan Science
Centre.

Stars and Strikers
Wednesday, 1 p.m.
Chester Centre Southland
Mall, 2025 Gordon Rd.

Kicks & Buffles
Combat bopping through
baking spread kindness with
a cookie
Wednesday, 5-7 p.m.
Sweet Ambrosia Kiosk Shop,
230 Winifred St. N.

Drop in crafts and gym
Free event for youth aged
5-18. Thursday, 4-6 p.m.
Eastview Community Centre,
815 6th Ave.

Drop in Indoor Playground
Friday, 9:15-11 a.m.
South Lethbridge Centre 150
Sunset Dr.

**Mom and Tot Bored Meet-
ings**
Hosted by Kate Murray, 308-
215-2511.
Friday, 10-11:30 a.m. Early
Learning Family Centre, Seely
College, 3337 7th Ave.

Build and Grow Cities
Build a special feature pro-
ject for children ages 5 and up.
Saturday, 10 a.m.
Lewies, 4555 Gordon Rd.

Family Favourites Films
Enjoy a favourite film for just
\$2.50
Saturday, 11 a.m. Galaxy Cin-
emas, 425 McCarthy Blvd. N.

EVENTS

Michaelle Kish Club
Saturday 10 a.m. - noon
2255 Prince of Wales Dr.

Family Activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre
2503 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
Mushroom Art Gallery, 1475
Barton St.

Parent and Preschooler
Jungle Gym
Monday, 9:30-10 a.m.
Al Ritchie Family Wellness
Centre, 645 10th Ave.

Science Time for Kids
Interactive workshop aimed
at early learners
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre,
2503 Powerhouse Dr.

Drop-in crafts and gym
Free event for youth aged
5-16, Tuesday, 4-6 p.m.
Eastview Community Centre,
815 66th Ave.

MUSEUMS

Alta Youth School Museum
3605 Fourth Ave.
Tours by appointment only
(504-523-9500)

Civil Museum of Regina
1713 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday

Government House Museum & Heritage Property
4827 Dewdney Ave.
Tuesday to Sunday, 9 a.m.-4 p.m.

RCMP Heritage Centre
5907 Dewdney Ave.
Open 9 a.m.-5 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-777-7743)

Regina Floral Conservatory
14028 42nd Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily



Age in 2015 at the Government House New Year's Day event. GAILLE MATHY/ST. MICHAEL'S.

Saskatchewan Military Museum
1600 Elphinstone St.
Open Monday and Thursday,
1-3 p.m., or by appointment
(306-342-9438)

Saskatchewan Science Centre
2503 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays,
noon-6 p.m. Closed Mondays

Saskatchewan Sports Hall of Fame
2255 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends

OTHER HAPPENINGS

RCMP Sergeant Major's Parade
Wednesdays, 12-4:30 p.m.
RCMP Depot Division, 5660
11th Ave.

Lieutenant Governor's New Year's Day Luncheon
Enjoy entertainment and

light refreshments. Parking is available at Lord Plaza at the Lewman Drive entrance with a free shuttle service every 15 minutes.
Jan. 1-4 p.m. Government House, 5007 Dewdney Ave.

Pink & Peace Trivia
Sunday, 8:30 p.m.
O'Brien's, 1947 Scotch St.

Chess Day Challenge
Drop-in gathering of local game enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Roxton Place, 545 Albert St. N

FILM

Two Faces of January
Thriller
Set in Greece and Istanbul 1952, a wealthy vacationing couple, Chester (Viggo Mortensen) and Collette (Kristen Dunst), meet up with Ryley (Oscar Isaac). An invitation to dinner launches off an unsettling dynamic among the three strangers. They lie Athens after one of them is

caught up in the death of a private detective.

Zora Neutra
Comedy/Drama
Best friends Zohar and Daffi serve an administration of fear as an artillery base in the south of Israel. Since neither of them get along with others, they spend most of their time together—sharing secrets, insults and the passion for computer games. As storm clouds gather over the south, Daffi wants to be thrown away from the hated remote base and escape the dream of being relocated to Tel Aviv. Zohar's main concern is to face her virginity. She is secretly in love with an officer but never does approach him. Terrified by the sensibility of being left alone in a desolated base without her best friend, Zohar will try to prevent Daffi from leaving. In Hebrew with English subtitles.

Ripley Public Library Theatre
2341 12th Ave., 306-777-6934

Flight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote holloway in the mountains of Mexico.

Island of Lemnos: Mediaspace
Documentary
Join scientist Markis Wright on her Helios mission to help endangered lemons survive in the modern world. Narrated by Morgan Freeman.

Journey to the South Pacific
Documentary
Narrated by Catherine Blanchard, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Jane, a young island boy, as he takes us on a journey of discovery in this magical place where we encounter white sharks, sea turtles, manta rays, and a other iconic creatures of the sea.

Intestellar
Sci-Fi
A group of explorers make use

of a newly discovered wormhole to surpass the limitations on human space travel and conquer the vast distances involved in an interstellar voyage. Directed by Christopher Nolan

Former host
2503 Powerhouse Dr.
306-522-4620

NEW MOVIES

The Gambler
Thriller
English professor Jim Bennett (Mark Wahlberg) is a high stakes gambler who routinely loses hundreds of thousands of dollars at blackjack and roulette tables. He's \$245,000 in debt when he borrows \$50,000 from gangster Henke (Michael Kenneth Williams), putting up his own life as collateral. Bennett's mother (Jessica Lange) gets him \$350,000 to bail him out, he blows it during a trip to Palm Springs, where he immerses himself in an illicit underground world while gaining the attention of loan shark Frank (John Goodman). When Bennett develops a relationship with student Amy Phillips (Isla Fisher) who is threatened, he considers trying for a second chance.

The Woman in Black: Angel of Death
Thriller
Forty years after the events of the first film, a group of children evacuated from London during the Second World War come to stay at the House and awaken its darkest inhabitants.

Galaxy Cinema
470 McCarty Blvd. W.
306-522-1098

Chaparral Cinema
3450 16th Ave. S.
306-585-2383

Rainbow Cinema
Golden Mile Shopping Centre
3058 Albert St. 306-395-0253

Events listings are a free community service offered by 10C. Listings will be printed unless you wish please send information between 48 hours prior to event.

WRAP UP THE YEAR

...with our *December Specials!*



\$45,995

2013 RAM 3500

REG. #127M



\$27,995

2013 RAM 1500 SLT

REG. #127M



**2013 CHEV SILVERADO LTZ
CREW CAB 4X4**

REG. #127M



\$31,995

**2013 FORD F150 XTR
SUPERCREW 4X4**

REG. #127M

\$1000

CHEQUE VOUCHER

to use towards your purchase
of any used vehicle in stock.

Expires Dec. 31, 2014

CHECK OUT THIS INVENTORY

2014 Jeep Gr Cherokee Laredo	\$35,995
2014 Chev Traverse AWD 8 pass	\$31,995
2014 Volkswagen Jetta	\$16,995
2013 Ford Fiesta	\$15,900
2013 Volkswagen Golf	\$16,995
2012 GMC Acadia SLT leather	\$34,995
2012 Ford Edge	\$24,995
2012 Jetta Highline TDI	\$25,995
2011 Mercedes Benz C63 AMG	\$49,995
2010 Chev Travers LT 8 Pass	\$19,995
2009 Infiniti FX35 Premium Tech	\$26,995
2008 Acura RDX	\$17,995



\$27,995

2009 RAM 1500 LARAMIE

REG. #127M



\$17,995

**2010 DODGE DAKOTA SXT
CREW CAB**

REG. #127M



\$34,995

2012 FORD F150 FX4

REG. #127M



\$39,995

**2014 JEEP GRAND CHEROKEE
LIMITED SUV**

REG. #127M



MANY TRUCKS, CARS AND CERTIFIED VW AND OFF MAKES IN STOCK

the NEW Taylor Volkswagen Used ➔

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IN THE CITY

DECEMBER 28, 2014 — 3:58 P.M.

Capturing the moment



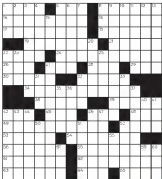
WHP Personal shoots a video of his own work at WHP Personal, in The Alley—a retrospective exhibition of the artist's work at the MacKinnon Art Gallery in Allentown. Personal was showing the video to show his brother who wasn't able to attend the exhibition. GC PHOTO BY MICHAEL M. HILL

#CROSSWORD

NEW YORK TIMES *Edited by MW Shortz*

ACROSS

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PUZZLE BY MICHAEL J. SAKS

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JANBIC
CLASSIC
SUDOKU

Level: Beginner

Fill in the blank only
using numbers 1 to 9.
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Beginner
(easiest) to Silver
to Gold (hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 19

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Best of SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email qc@leaderpost.com

BEST OF 2014

Regina's creativity show this year made the homes QC was invited to tour for Spaces. From clean and modern to delightfully artistic, these interiors exemplified beauty and originality in all forms. We would love to visit your home in 2015. Please email us if you're interested: qc@leaderpost.com

Here are some of our favorite Spaces photos of the year:



Chris Gobet's home in Regina. qc PHOTO BY BRYAN SCHUBERT



Liane Mercier's home. qc PHOTO BY BOB HAY



Chris Gobet's home in Regina. qc PHOTO BY BRYAN SCHUBERT



Liane Mercier's garden in Regina. qc PHOTO BY BOB HAY



Green Lake's home in Regina. qc PHOTO BY BOB HAY



Chris Gobet's home in Regina. qc PHOTO BY BRYAN SCHUBERT



Chris Gobet's home in Regina. qc PHOTO BY BRYAN SCHUBERT



Deirdre Hinton's studio apartment in Regina. qc PHOTO BY BRYAN SCHUBERT



Chris Gobet's home in Regina. qc PHOTO BY BRYAN SCHUBERT

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to cp@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's CP colouring contest winner was **Lily @surviva**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



BACON
Portabella
MUSHROOM MELT
ON BRIOCHE

Warm, Melty Cheese,
Savoury Portabellas,
Crisp Bacon on Brioche



Best of FASHION

BEST OF FASHION 2014

As the styling goes, "fashion is art and art is fashion." It was a theme that ran throughout the year during the shoots we did for the Fashion section in QC. Fashion is also a clever way to illustrate your personality, artistic capabilities or even your ethics. It was the year of plant and man-burn-ups,

cycling and re-walking, shiny and glamorous, and a stronger move towards supporting local designers than ever before.

Regina, you've come a long way baby and we can't wait to see what you wear in 2015. Here are a few of our favourite Fashion shots of the year.



Brenda Wong
QC Photo by DON HEALY



Robbie Leung
QC Photo by JAMES SCHUBERT



Paula L. Smith
QC Photo by
DON HEALY



Lisa McCashem
QC Photo by
DON HEALY



Shirley Munkach
QC Photo by
MICHAEL MUI



Ruthann Elton
QC Photo by
MICHAEL MUI

QC Photo by
MICHAEL MUI

DECEMBER

WINTER SAVINGS

PAYMENTS AT 19% OAC

NO PAYMENTS UNTIL MARCH 2015 OAC

See dealer for details.

2014 MAXIMA – leather sunroof -	\$187 Bi weekly
2014 CHARGER – alloys, spoiler, aftermarket exhaust -	\$155 Bi weekly
2014 CAMRY LE – 4 to choose from -	\$149 Bi weekly
2014 ALTIMA SV – Sunroof, alloys -	\$149 Bi weekly
2014 PATHFINDER SV – Nicely equipped -	\$235 Bi weekly
2014 RDGUE AWD -	\$171 Bi weekly
2014 VENZA AWD -	\$196 Bi weekly
2014 JETTA – 3 to choose from -	\$122 Bi weekly
2013 JOURNEY R/T AWD Pst paid low km's -	\$169 Bi weekly
2013 DODGE RAM 3500 SLT QUAD CAB -	\$310 Bi weekly
2013 TUNDRA DBL CAB 4X4 -	\$229 Bi weekly
2013 4RUNNER LTD – Pst paid full load -	\$262 Bi weekly
2013 CROLLA – 4 to choose from -	\$123 Bi weekly
2012 INFINITI G37X AWD – Black, loaded!!	\$207 Bi weekly

Payments based on \$0 down and 84 Month amortization.

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SHARP EATS

SASKATCHEWAN FOOD SCENE

Regina's best dishes of 2014

By Jenn Sharp

As a food writer, I have the luxury of dining out a lot. There have definitely been some less-than-stellar meals this year, but mostly it's been a joy. Chefs are really stepping up their game and churning out some delicious eats. It was hard to narrow it down to just three, but here are my favourites.

I'd love to hear about the best meal you had in 2014.

Email me at jsharp@reginapost.com or send me a note via Twitter: @JennKSharp.



Grilled cheese and alphabet tomato soup from Vic's Tavern. qc.postq101.com

GRILLED CHEESE

From Victoria's Tavern, 1900 Hamilton St., Regina

No one ever gets tired of eating grilled cheese and it always tastes better as a restaurant item when you make it at home.

If you're going to indulge, do it right and head to Vic's Tavern, the newest addition to Regina's downtown dining and pub scene. A house specialty there are a few grilled cheese options on the menu. But I say do it more with perfection. Go with the O-G: a four-cheese blend on thick white bread. Dip it in Vic's homemade smoked tomato Alphabet soup for a grown-up version of what you did as a kid (chutney can still count as a dip, too).

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

CASSOLETTE

From Table 18, 2008

Quance St., Regina



A hot lava bean cassoulet served at Table 18 in cool Regina. qc.postq101.com

Table 18 has always been one of my favourite spots in Cathedral so there was a definite nod when it closed. Blagaly it's reopened on Quance and with a new head chef: I love Ricardo Rodriguez back from Argentina and has influenced the menu with soulful flavours from his homeland.

His head chef and bean cassoulet was copied. I went back for seconds the next day. Eating it is like being enveloped in a warm hug on a cold day. The cassoulet is topped with a corn cob and buttered squash but I love the corn oil. Presentation is everything in Rodriguez and his team, except the cassoulet is served in a large bowl or sometimes in a "bowl" like the one pictured.



Marrakesh stew from D'Arre Coffee House. qc.postq101.com

MARRAKESH STEW

From 1305 Ave. Cadore House, 1305 Ave. Cadore, Regina

If you grew up in Saskatchewan, you grew up eating stew, but it's probably not like the one D'Arre Coffee House serves. One bite and you're transported to the spicy, spicy flavours of Morocco.

Generous pieces of eggplant, carrot, sweet potato and squash all in a rich coconut curry tagged with shored carrots and raisins. Served with either brown rice or quinoa, the stew is tastefully warming and comforting.

It's hard to pick a favourite dish from the quaint cafe in Cathedral, you really can't go wrong with anything on the menu. The owners cater to vegetarians and they do it well.

WINE WORLD

NEW YEAR'S EVE

Special occasion calls for bubbles and a sweet finish

By James Romanow

I am regularly told by people that they don't like champagne. I usually tell them it's because they've only drunk the streak you get for free at graduations and weddings. So far, when playing cash folk with bubbly I haven't had a single refusal after I ask them to taste the real thing.

Mind you, I'm a fan of very dry champagne, but that's not what I serve. Brut Champagne, like Veuve Clicquot and Moët & Chandon Imperial (both of which I consume in quantity) have up to 12 grams/litre of sugar. Extra Brut, which is my favourite, has less than six g/l. But there are also Extra Dry (18-17 g/l). Sec (17-18 g/l) and Demi Sec (28-30 g/l) styles made.

Many people find the tongue scrubbing of the drier wines unappealing. Although nobody wants to admit it, most of us are happiest with a touch of sweetness in our wine. And champagne is no different, hence the variety of styles listed above.

If you want to indulge yourself this New Year's Eve, or are looking for a great Valentine's Day champagne, then you need to try Martell Cordon Imperial Reserve.

Thus is a Demi-Sec style of bubbling, but it is still the real thing. Great 'moose' (oak cork) speak for bubbling: lovely peach like acidity, and that intoxicating sweet finish. This is a fine wine, and should be treated as such.



If you're a milk chocolate fan, this may be the champagne you've been seeking all these years. I enjoy it primarily as either an aperitif or as a dessert!

Look in Monday's paper for very cheap wine for the bride, it's January after all. On Theater club house

Crossword/Sudoku answers

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